

Testing Stations

Station 1: Forward & Backward Speed Skate

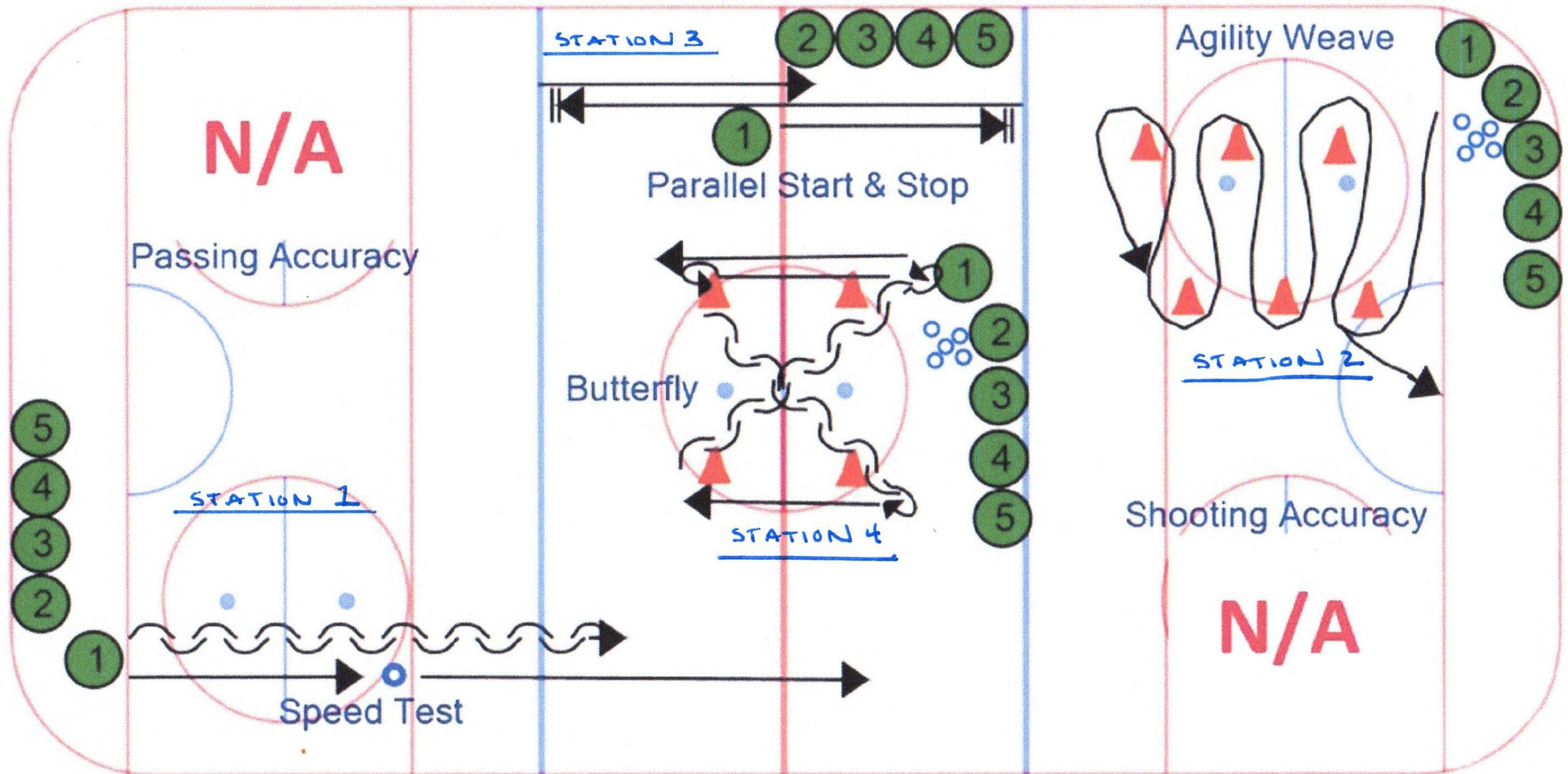
Station 2: Agility Weave with a Ring

Station 3: Parallel Start & Stop

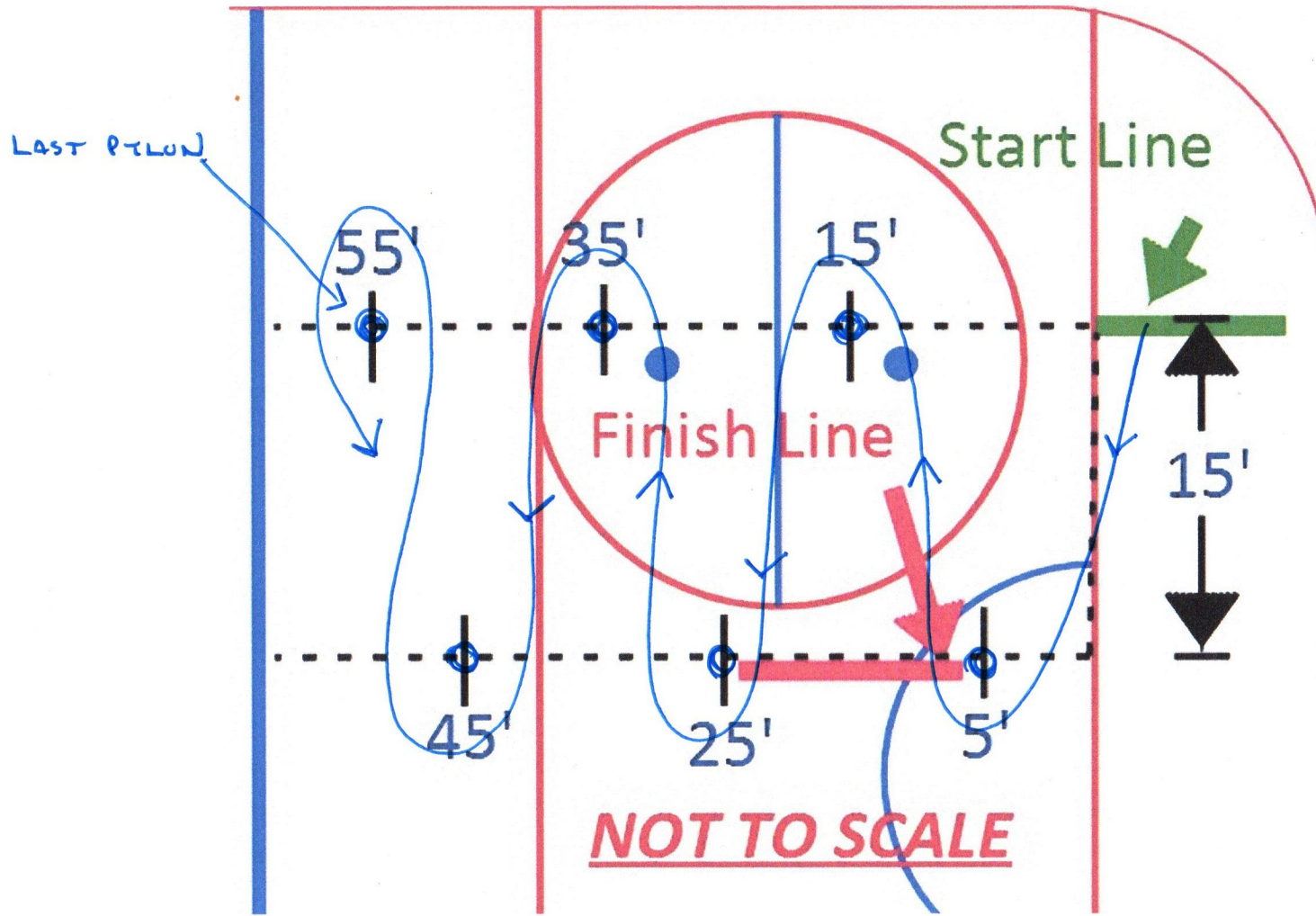
Station 4: Butterfly Transitional Skate

NOTE: FOR CONDITIONING CAMP PURPOSES, DRILL MEASUREMENTS ARE NOT CRITICAL.
PLACE PYLONS / MARKERS AT GENERAL LOCATIONS PER ATTACHED DRILL
DRAWINGS.

Master Rink Diagram

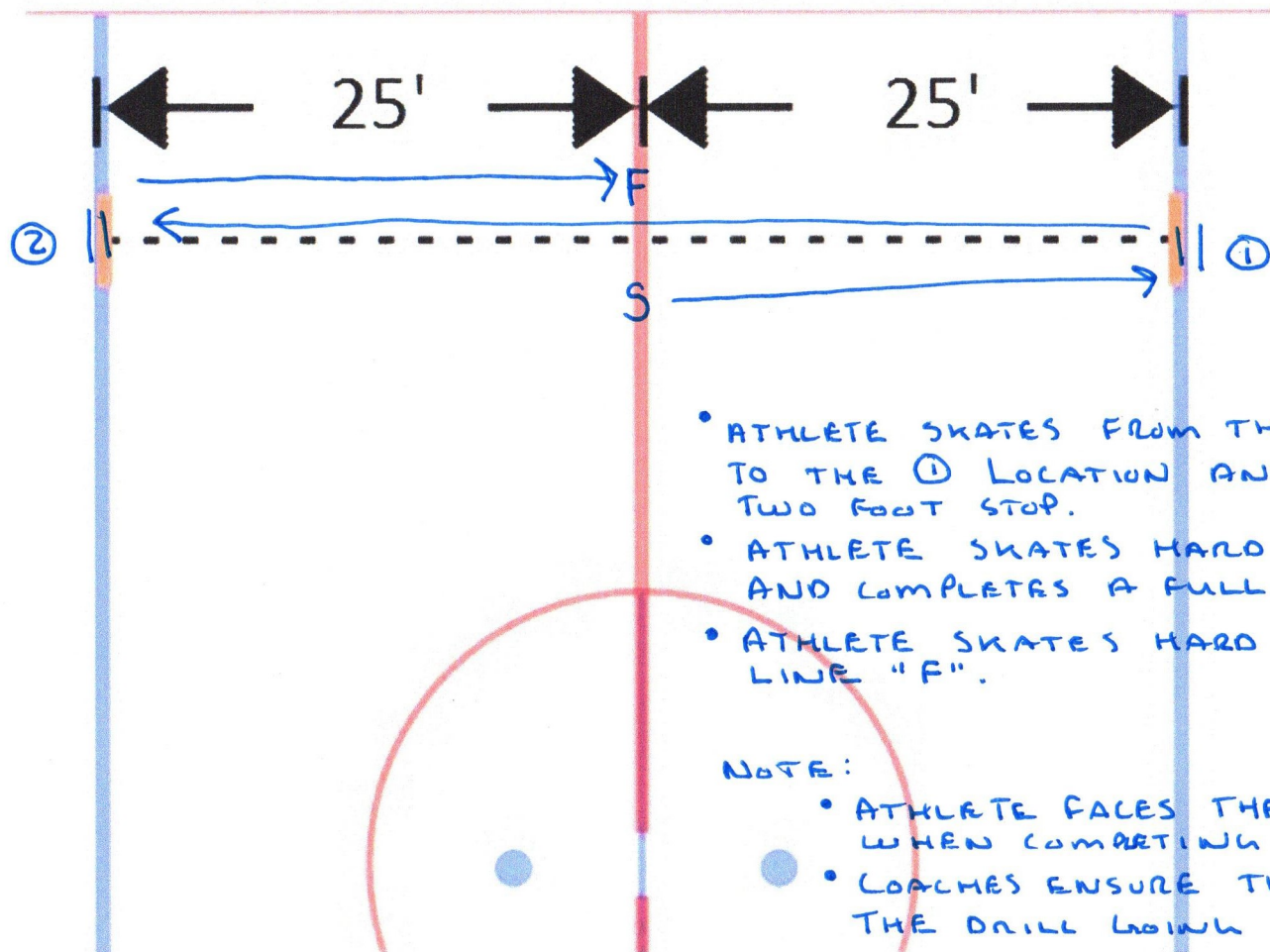


Station 2 Agility Weave with a Ring



- ATHLETE SKATES AROUND EACH PYLON AS SHOWN ABOVE.
- WHEN THE ATHLETE REACHES THE LAST PYLON THEY CIRCLE AROUND IT AND WORK THEIR WAY BACK THROUGH THE COURSE AND FINISH BY CROSSING THE FINISH LINE.

Station 3
Parallel Stop & Start Test

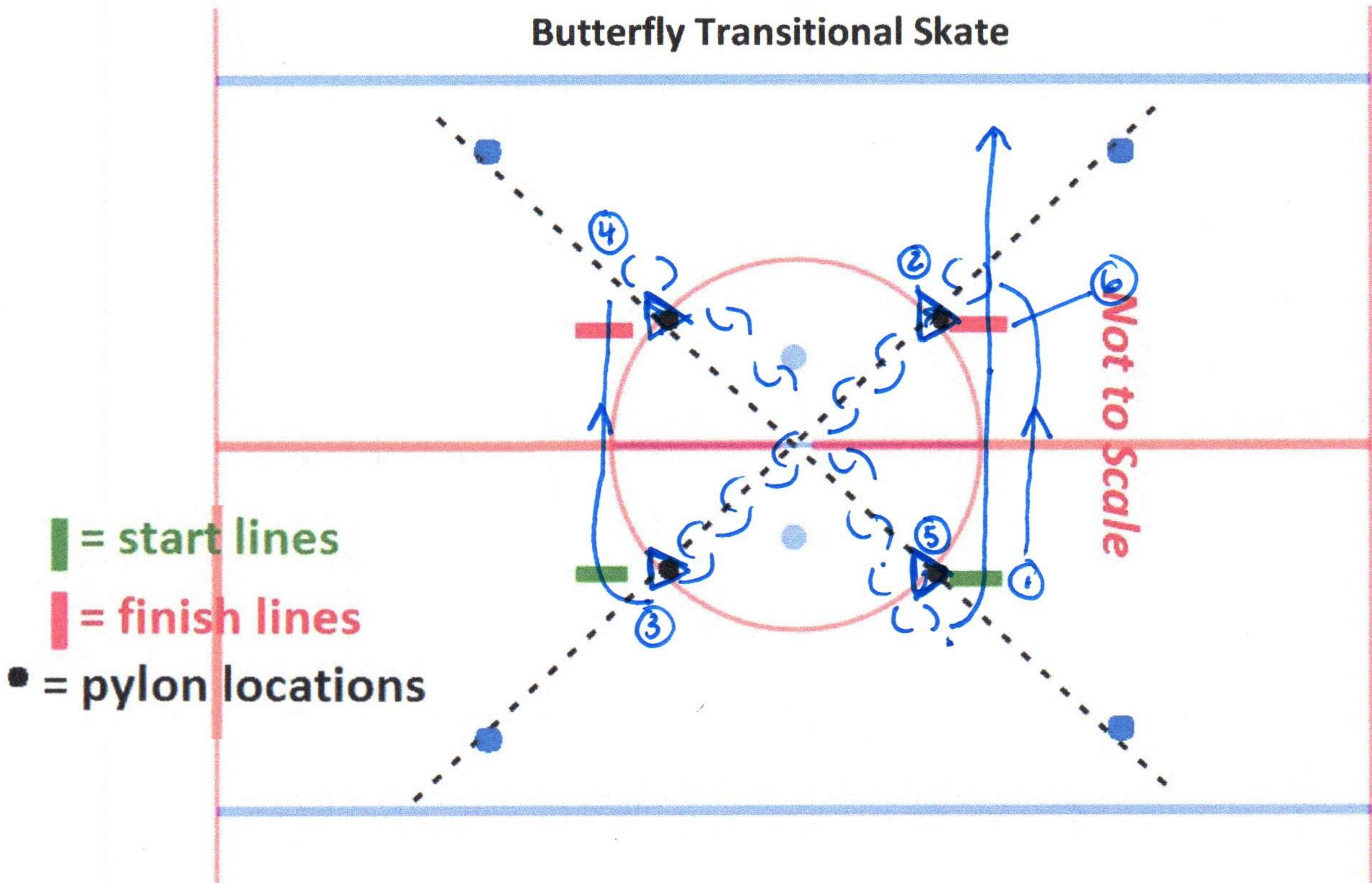


- ATHLETE SKATES FROM THE START LINE "S" TO THE ① LOCATION AND COMPLETES A FULL TWO FOOT STOP.
- ATHLETE SKATES HARD TO THE ② LOCATION AND COMPLETES A FULL TWO FOOT STOP.
- ATHLETE SKATES HARD THROUGH THE FINISH LINE "F".

NOTE:

- ATHLETE FACES THE NEAREST BOARDS WHEN COMPLETING BOTH STOPS.
- COACHES ENSURE THAT ATHLETES COMPLETE THE DRILL WITH BOTH DIRECTIONS.

Station 4 Butterfly Transitional Skate



1. ATHLETE SKATES FORWARD FROM ① TO TOP RIGHT CONE ② AND PIVOTS TO BACKWARDS.
2. ATHLETE SKATES BACKWARDS TO THE BOTTOM LEFT CONE ③ AND PIVOTS TO FORWARDS.
3. ATHLETE SKATES FORWARDS TO THE TOP LEFT CONE ④ AND PIVOTS BACKWARDS.
4. ATHLETE SKATES BACKWARDS TO THE BOTTOM RIGHT CONE ⑤ AND PIVOTS TO FORWARDS.
5. ATHLETE SKATES (SPRINTS) ACROSS FINISH LINE ⑥

NOTE:

- THIS DRILL IS FOR U12 AND U14 ONLY